

South Jordan Leisure, Aquatic & Fitness Center

10866 S. Redwood Road, South Jordan 253-5236



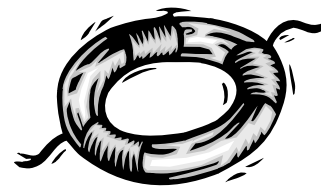
Water exercise programs are designed to increase Cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.

Classes are 1 hour in length (unless specified)

THIS SCHEDULE IS EFFECTIVE BEGINNING August 28th, 2006

Classes, Schedules & Instructors are subject to change without notice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:45AM	<i>The Works</i> (Shallow Water) Susan	<i>Advanced Body Conditioning</i> (Deep Water) Tamara	<i>The Works</i> (Shallow Water) Susan	<i>Advanced Body Conditioning</i> (Deep Water) Tamara	<i>The Works</i> (Shallow Water) Susan	
8-9AM		<i>In the Deep</i> (Deep Water) Beverly		<i>In the Deep</i> (Deep Water) Beverly		<i>In the Deep</i> (Deep Water) Beverly/Holly
9-10AM	<i>Forty/20</i> (Combo) Hope		<i>Forty/20</i> (Combo) Hope		<i>Forty/20</i> (Combo) Hope	
10-11AM	<i>In the Deep</i> (Deep Water) Hope	<i>Cardio Maniac</i> (Deep Water) Sita	<i>In the Deep</i> (Deep Water) Hope	<i>Cardio Maniac</i> (Deep Water) Beverly	<i>In the Deep</i> (Deep Water) Hope	
8-9PM	<i>Forty/20</i> (Combo) Holly	<i>Pilates/Cardio</i> (Combo) Holly	<i>Forty/20</i> (Combo) Holly	<i>Pilates/Cardio</i> (Combo) Holly		



CLASS DESCRIPTIONS FOR WATER FITNESS CLASSES

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***Forty/20:** Forty minutes of cardio done in the deep-end and 20 minutes of circuit training done in the shallow end. This is a great class for anyone wanting a full water workout!
(combination deep/shallow water class)

***Advanced Body Conditioning:** Deep water workout focusing on muscle conditioning and toning. Includes advanced ab workout, and targets improving posture and cardiovascular endurance.
(deep water class)

***In the Deep...** : Take the impact out of your workout using water resistance for a great fat burning, muscle toning cardio that is done entirely in the deep-end. Floatation belts are provided.
(deep water class)

***Cardio Maniac:** Excellent workout for everyone! An intense cardio and strength class, using floatation belts and/or mini floatation cuffs, floatation hand buoys, and resistance tubing. Some interval cardio will also be applied. You don't have to be in great shape for this class, just work at your own level and increase as you attend each time. Let's work it up together!
(deep water class)

***The Works:** A low intensity class that focuses on toning, cardiovascular endurance and flexibility.
(shallow water class)

***Pilates/Cardio:** Start your workout with Pilates based deep water exercises, then move to shallow water for resistance and cardio training. (combination deep/shallow water class)

\$PRICES\$	SINGLE VISIT	10 PUNCH PASS	MONTHLY PASS
PASS HOLDER	\$3.00	\$20.00	\$20.00
RESIDENT	\$4.00	\$27.00	\$25.00
NON-RESIDENT	\$5.00	\$34.00	\$30.00
SENIORS	\$3.00	\$20.00	\$20.00
SENIOR NON-RESIDENT	\$4.00	\$27.00	\$25.00

